Bulletin of Anomalous Experience

(Formerly "Ratchet Patrol")

A Networking Newsletter

about the UFO "Abduction" Phenomenon

and Related Issues

for Interested Scientists

Volume 1, Number 3

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Ongoing Discussions About...

Send contributions for publication,
and requests for subscription information, to:

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Forum 1

Editor's Corner

New Hardware, New Software

The issue you're reading was put together using the Ventura 1.0 desktop publishing program, and printed on my new IBM LaserPrinter. I hope to make enhancements in the style of the newsletter as the months go on. If you have any suggestions, please share them with me.

In Search of a Name

Some of the feedback over the last month has been over the name of this newsletter:

John Carpenter writes,

The meaning of RATCHET PATROL is interesting and understandable, but rather odd and misleading. I think NEW FRONTIERS is more eye-catching and positive. Indeed, we are exploring a new frontier together and it can be a lonely quest. New frontiers can refer to the obvious new worlds beyond our planet or the new ways of thinking about our own world or even the changing boundaries of our own minds and perceptions of reality which this data forces us to consider!

Richard Hall favors something very forthright, like

Abduction Research Newsletter (or "AbNews")
Post-Abduction Syndrome News(letter)

Your editor's suggestion for the month is Bulletin of Anomalous Experience. I think this is descriptive of this newsletter, without being overly narrow. What do you think?

Forum 3

Membership Guidelines

Our policy:

This newsletter is intended for mental health professionals, UFOlogists, scientists of all disciplines,and legislators/policymakers. Since this is supposed to be a scientific analysis (in the best sense of the word "scientific" - collecting data, forming and testing hypotheses), participants should be able to bring some skill or knowledge to the group that will enhance this effort. Interest in the UFO or abductee issue alone is not sufficient to gain membership.

Our subscription rates (to partially defray postage and reproduction costs):

$1 for a sample issue; $20 for a one-year subscription.

Forum 5

What Are The Questions?

John Carpenter asks:

How many abductees are "receiving messages" that seem to contain data well beyond their own life experience? What is the content of these messages? Are these people alike psychologically, socioeconomically, or in their basic intellectual abilities?

Forum 4

Networking

Each member is invited to send me a short bio describing their background, training, current work, personal views on the issues, and anything else they think appropriate. This will help increase the networking potential and sense of community among the various disciplines that we hope to bring into the work.

Here are this month's biographical sketches. Collect them! Trade them!

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I received my BA in Psychology from DePauw University, Indiana, in 1977. I then received a Masters of Social Work from Washington University in St. Louis in 1979. In 1980 I was trained in Clinical Hypnosis at the Menninger Foundation in Topeka, Kansas. I worked as a Marital / Family Therapist for a private psychiatric clinic in Springfield, Missouri until October 1983, when I joined the psychiatric staff at St. John's Regional Health Center as a Group/Family Therapist. I have encountered a wide variety of psychiatric disorders over my 12 years in the field. In 1981 I helped to found a private adoption agency, Worldwide Love for Children.

I have always been a UFO enthusiast -- ever since I could first read such a book. After reading INTRUDERS, I felt that I could possibly volunteer my professional skills toward the researching and treatment of these people who have encounterd anomalous events. In mid '88 my desire to help was quickly responded to by both Budd Hopkins and Walt Andrus (of MUFON). Budd has referred me numerous cases in my region, and Walt appointed me as a Research Spcialist and State Section Director. Dr. Rima Laibow invited me to participate in the first-ever professional conference on treatment in Connecticut. I was also a panel member for the Close Encounters Forum in Aspen, Colorado.

I've already had some very interesting cases and will attempt to share those findings in future writings. I find myself in the unique and challenging role of being both the therapist and the investigator. Yes, I've had many debates with myself!

I believe UFO's are quite real and that people are indeed reacting in a believable manner to their incredible encounters. We are all involved in a vast struggle against widely-accepted disbelief. I am constantly challenging and doubting my own research because this data is so incredible. Nevertheless, these UFO occupants seem to be scientists, teachers, researchers and spiritual mentors. They are also quite ugly, frightening, mysterious, and unpredictable. Understanding this troubling phenomenon will open the way to new frontiers and a new perspective of who we are and what we may be capable of achieving.

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Education:

- Ed.D. 1980, University of Northern Colorado, Transpersonal Psychophysiology
- M.Ed. 1967, Kent State University, Clinical Psychology/College Adminsitration
- B.S. 1966, Montana State University, Psychology/Pre-Medicine

Specialized Training:

- Interior Design training, New York School of Interior Design, New York
- Psychoanalytic training, The Jung Institute, Zurich, Switzerland
- Advanced training in hypnosis, American Society of Clinical Hypnosis, Denver, Colorado
- Advanced training in Biofeedback and Behavioral Medicine, Biofeedback Society of America, Denver, Colorado
- Advanced Training in Medical Sophrology and Sports Psychology, The International Institute of Medical Sophrology, Lausanne, Switzerland
- Training in Neuropsychology, Denver Neuropsychological Institute, Denver, Colordo
- Open Focus training, Princeton Biofeedback Clinic, Princeton, New Jersey
- Focusing and Biospirituality training, St. Benedict's Monastery, Aspen, Colorado
- Advanced training in Gestalt Therapy and Bioenergetics, Esalen Institute, Big Sur, California
- Advanced training in Eastern Martial and Healing Arts, Yoga and Meditation

Current professional activities include:

- President and Executive Director, Institute for Excellence and Morningstar Foundation, Inc., Aspen, Colorado
- President, Non Plus Ultra Fine Arts, Aspen, Colorado
- Adjunct Professor, Union Graduate School, Cincinnati, Ohio
- Director, AWARE (Artists for World Awareness to Restore the Environment) Aspen, Colorado
- Consultant in Excellence and Creativity, General Motors, Detroit, Michigan
- Consultant, Federal Express Employee Assistance, Aspen, Colorado
- Consultant, Personal Performance Corporation, Atlanta, Georgia

- Consultant and Committee Member, United Nations Environmental Program and UNICEF, New York
- Consultant in Excellence, Legal Department, World Bank, Washington, D.C.
- Consultant in Excellence and Peak Performance, Team Canada (Canadian Olympic Team), Team Psychologist, 1984 Olympics, Los Angeles, California; Pan Pacific Games, Tokyo, Japan, 1984; Friendship Games, Winnipeg, Canada, 1984

Past activities include:

- Studio Seven Architectural and Interior Design, Aspen, Colorado and San Francisco, California (1974-1982)
- Professor of Psychology, Colorado Mountain College, Teaching Assistant, University of Northern Colorado, 1978-1981
- Psychological Counselor, Professor of Psychology and Student Personnel Services Administrator, Green River College, Auburn, Washington, 1968-1974
- School Psychologist, Highline School District, Seattle, Washington, 1967-1968
- Assistant to the Dean of Women, Kent State University, Kent, Ohio, 1966-1967

Publications:

- Becoming Whole Again (1980), a textbook for courses in Transpersonal Psychology
- Transformational Journey, a book on the "Transformational Crisis," in preparation
- Various articles for professional and popular publications on topics such as Peak Performance, Charisma, Paranormal Expereince and Transformation.

Forum 7

Ethics

One comment received last month on the question of hypnotic regression to study abduction. John Carpenter writes:

I agree that not just anyone should be regressed because they have a curiosity "to see if I've been abducted." I believe there should be sufficient clinical symptoms present before such an undertaking is warranted. I feel it is very important for the therapist to understand the motives, expectations, ramifications, and desires of any person requesting hypnotic regression. Once these aspects are carefully explored, the need (or no need) for a session should be more apparent. I think it is difficult to make a "blanket statement" or rule without any consideration for the unique dynamics of each individual's situation and needs.

Forum 11

Towards a Unified Field Theory

Last time in this forum, Ken Ring suggested a link between UFO experiencers and the phenomenon of "electrical sensitivity." In RP #1 he noted the similarity of some aspects of UFO abductions to Near-Death Experiences.

Well, I was driving one afternoon to do a house call on an abductee who has had visitations in his cottage. I was listening to a radio documentary about scientists in the Boston area who study poltergeists and haunted houses (on a legitimate CBC science show). If I had missed the introduction, it could just as easily have been a story about studying abduction cases, except that instead of little grey guys there were images of actual (if dead) people.

This set me to thinking about some other observations. First, many patients in my practice have what they call "psychic" or paranormal experiences, some of which have elements of ETs or missing time, but which do not fit the abduction scenario. (I do not believe they are masked or screened abduction cases.)

Some people welcome these experiences, others find them intrusive and unwelcome, others find them positively frightening. This spectrum of reactions is not unlike that seen in UFO experiencers: From welcoming our "Space Brothers" to fear and violation.

Can we find a way to tie all these unusual experiences together?

Ken Ring, in an article in NEW REALITIES, March/April 1990, suggests a model, which he calls the "imaginal":

"The imaginal refers to a *third kingdom*, access to which is dependent neither on sensory perception nor ordinary cognition (including fantasy). Normally hidden, it can be apprehended in what we would today call certain altered states of consciousness that destabilize ordinary perceptual modalities and cognitive systems. When these are sufficiently disturbed, the imaginal realm -- like the night sky that can only be discerned when sunlight is absent -- stands revealed.

"The most important attribute of the imaginal realm, however, is that it is ontologically real. According to Henry Corbin, (the great French scholar of Islam) who was a deep student of mystical and especially visionary experience, 'It must be understood that the world into which these (visionaries) probed is *perfectly real* ...(and) is hidden behind the very act of sense perception and has to be sought underneath its apparent objective certainty.

"The imaginal realm is not only ontologically real; it is also a world that has form, dimension, and, most important for us, persons -- all of which Corbin calls the 'object of imaginative perception.' or of the 'psycho-spiritual senses.'

"...UFO encounters often alter the material environment and the physical body, because the imaginal world is 'an intermediary one, somewhere between what we call mind and matter. As such, it may be regarded as the source of *border phenomena*, events that seem at once to partake of otherworldly and objective realities.'

"From an imaginal point of view, 'UFO abductions' could be understood as border phenomena that reflect the behavior of autochthonous quasi-physical beings of the imaginal realm whose activity precipitates into our material reality -- but whose origins remain in imaginal, not outer, space.'"

If "abductions," "ghosts," "near-death experiences," and other paranormal experiences are related -- if abductions are really just one variant of an anomalous experience that manifests to different people in different ways -- then perhaps we should widen our mandate beyond the abduction phenomenon.

Forum 12

Investigator & Therapist

Richard Hall writes,

As a long-time investigator who does not use hypnosis and is not a scientific or medical professional, I agree completely with the premise that the welfare of the experiencer should always take priority. My "practice" (and it often does include a role as emotional supporter and quasi-therapist) is based on that premise. However, I (and others like me) do not so much need a code of ethics, but instead some guidelines on detecting subject behavior indicative of possible serious disturbances or pathology such that we might be well advised to break off our support role with the person and seek professional intervention right away.

Certainly there are ethical principles to which we should all adhere and I don't object at all to their being formulated. On the basis of working with perhaps two dozen subjects over the past few years, I am presently formulating some procedural guidelines for investigators, including the NECESSITY (in my opinion) for working with a network of emotional supporters and therapists. My "Budd Hopkins franchise" for the Washington, D.C., area includes about three knowledgeable investigators, two (and possibly now three) clinical psychologists, other resource people on a consulting basis, plus several "graduate" abductees who have volunteered for Big Brother/Big Sister work now that they are coping well with their own experiences. However, there too I (we) need guidelines on when this form of support is appropriate (assuming it ever is) and how one goes about making the "match."

One ethical/procedural question that has come up in practice here is this: Suppose you make contact with someone who is vaguely disturbed by a UFO experience, and tells you things that fit exactly with an abduction scenario but such an event is not consciously recalled? Further, the person seems not to be aware of abductions, his/her approach to you has been low-key, touched off by accidentally hearing about the Fund for UFO Research due to local publicity, and they are not pressing the issue in any urgent or forceful way. In other words, the person is not overtly seeking help and seems to be coping okay. Do you let sleeping dogs lie, or do you bring them into the support network?

My feeling is that you should let sleeping dogs lie, but at the same time encourage them to keep in touch with you. If and when a critical mass is reached, they will call you and you can then take action. This is but one example in my larger conviction that we (investigators) should let the subject lead at all times. To oversimplify slightly, my role is to listen sympathetically, be friendly, offer guidance of a routine nature, and be prepared to refer them to a professional psychologist or psychiatrist when they want to be referred. I always tell them that the investigative/research network includes psychologists who are interested in and informed on UFO matters, but don't press them in that direction. My experience has been that 95% very quickly request a referral. I do try to demystify the role of psychologists in the process, and maybe have succeeded in that.

What are you thinking? Write it down! Send it in!
Comments on the contents of this issue?
Areas you want to discuss?
Miss the name RATCHET PATROL?
All contributions welcome!

Deadline for insertion in next issue is April 24.
For subscription information, see Forum 3, Membership Guidelines.